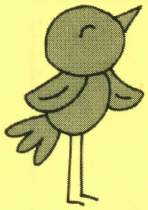


CARMAN FAMILY RESOURCE CENTRE

Programs – Parenting Resources – A Place for Families

40-2nd Street NE P.O. Box 124
Carman, MB R0G 0J0
Ph: 204-745-5571 Fax: 204-745-5572
E-mail: carfrc@mymts.net
Executive Director: Michelle Bergsma

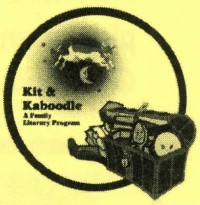
March/April 2020

www.carmanfamilyresourcecentre.com
Like us on Facebook!

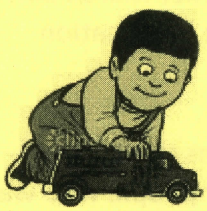
Please note: the Centre will be closed for Spring Break, March 30 – April 3, 2020

Kit & Kaboodle

Spring is coming and that is always a great time to enjoy the fun at one of our most favorite programs! **Kit & Kaboodle** features songs, rhymes, a game, book sharing & snack for children and their parents/caregivers at every session. This 6-week program will be held on **Wednesday mornings** from **10:00 - 11:30am** at the Centre on **March 11, 18 & 25** and **April 8, 15 & 22.** (Please note: there will be no session on April 1 due to Spring Break) Free to attend; please contact the Centre to register you and your child!



Stay & Play



Drop in at the Carman Family Resource Centre on **Thursday mornings** from **10:00 – 11:45 am** where parents and caregivers *stay* to meet and share, while their children learn and socialize through *play*! Free to attend, and drinks and snacks are provided. Everyone welcome!
Please note: there will be no Stay & Play on April 2
…we are closed for Spring Break!

Little Hands in the Kitchen

This program introduces young children to the kitchen, and provides recipes and ingredients for simple meals and snacks that adults and children prepare together! "Little Hands in the Kitchen" is for parents/caregivers with their child aged 3.5 - 5 years (one-on-one fun!) - child care is available for younger siblings. Our next sessions will be on **March 17** and **April 21** from **10:00am - 12:00pm** in the kitchen at the Carman Mennonite Church. Free to attend, and all supplies are provided. But space is limited and registration is required. Please contact the Centre!

CREATIVE COOKING

Always a popular program, our monthly cooking class gives parents the opportunity to learn and share in the kitchen. Join our facilitator in cooking up new recipes …and then enjoy a meal together with all participants and their children!

Next two class dates: **Tuesday, March 10th**
Tuesday, April 14th

Classes are held at the Carman Mennonite Church, **10:00 am – 1:00 pm.** All supplies are provided, and there is no cost to attend; registration is required for each class. For safety reasons, ***children are not permitted in the kitchen***. Childcare is provided. Thank you for your cooperation! To register for any of the class dates, please contact the Centre.

There is still time to join in the fun of **Family Gym Night!** This program is held on Thursday evenings from **6:00 - 7:00pm** @ Carman Elementary gym; please enter by the west doors. Remember your indoor shoes ☺ Our final dates for the season will be **March 5, 12, 19 & 26.**

Just a reminder: As a general rule, we follow the Prairie Rose School Division calendar for holidays and closures; **if there is no school in the division, the Centre is also closed.** This is also true for **cancellations due to weather or road closures**; please listen to the radio or check the PRSD website for cancellation notices. Thank you!

Southern Health/Santé Sud offers the **Healthy Baby** program in Carman on the last Tuesday of every month. This is held at the Carman Mennonite Church from 10:00 am – 12:00 pm. The dates for the next two sessions are March 24 & April 28 (note the earlier March date.) Please contact the Carman Public Health office at 204-745-2426 for more information.

From the community...

Carman Wellness Connections – *Supporting Emotional Health* has the following programs this spring:

Mental Health Literacy: Understanding Emotional Wellness – A series of 3 sessions for people who want to learn more about mental health and illness, resilience and mental health resources. Small group sessions to provide a safe environment for learning and discussion.
Thursday evenings; March 5, 12 & 19; 7:00 - 8:30 pm @ Carman Hospital Boardroom

Circle of Security - A series of 8 sessions geared for Parents, Foster Parents and Childcare Providers of children in the age range of 3-9 years. Secure attachment relationships with caregivers are a protective factor for children, setting the foundation for managing emotions and social competence.
Tuesdays: March 3 – April 21; Time: 6 - 8pm @ Carman Elementary School

Making Sense of Adolescence – The task of turning children into adults has never been more daunting. An adolescent is neither child nor adult - and therein lies much of the difficulty. This series will help provide insight for parents to navigate these challenges while also preserving the relationship.
Thursday evenings; May 7, 14 & 21; 7-8:30 pm @ Boyne Regional Library 'Exchange'
Geared to parents of children ages 9 and up.
Registration Required. To register or for more information, e-mail: CWC.EmotionalWellness@gmail.com or call 204-745-2426